



A VIEW FROM FEW

AN ORGANIZATION FOR OPPORTUNITY AND EQUALITY
FOR WOMEN IN GOVERNMENT

SPACE COAST CHAPTER, KENNEDY SPACE CENTER, FL
<http://www.ksc.nasa.gov/groups/few/>

NOVEMBER 2005

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PRESIDENT'S MESSAGE

Sandy Eliason

We don't need to travel back to 1621, the year of the first Thanksgiving feast celebrated by the Pilgrims and Wampanoag Indians, to reflect on the many blessings that we can be thankful for this year. But, just for fun let us try to imagine what it was like to be on the Mayflower. What kind of games did the children play while on board the ship? Who were their friends? Can you imagine leaving England and all they knew to come and begin a new life?

They traveled to America because they wanted a better life for their loved ones. They wanted not to be afraid, they wanted to live free. Just like today, people of many cultures come to America for the very same reasons. Things really haven't changed in all those years!

We FEW sisters are all different, we think individually, we come from diverse backgrounds, and we come from different areas in the United States if not the world. We hold different jobs, and we have different skills. And yet aren't we all the same?

We want to love and care for our families, and our friends. We want safety and prosperity. We want to live free and not be afraid to go to our house of worship and we don't want to be afraid of our government.

As we give thanks this Thanksgiving let us be thankful that our homes are no longer made of bark and branches, but have a firm foundation that we can count on. Many women and men who went before us paved our way. Let us take a minute and be thankful for our country, our community, and the love we have around us. Remember our soldiers!

It is OK to be different! Just like in that first Thanksgiving with the Pilgrims and the Wampanoag Indians, being different is a blessing! Because, we are different from each other we can sit down, inspire, and teach each other different views and ideas. We can open our minds up to build each other up instead of tearing each other apart. It is not how

much we have, but how much we enjoy, that binds us together.

I'm wishing all of you a wonderful and warm holiday. You have all given so much to me, and I want to give you and your family's definite blessings this Thanksgiving.



SUNSHINE

Eva Coffman

Celebrating birthdays in November:

Ann Gary	November 5
Martha Carroll	November 8
Lesley Carroll	November 11

Happy Birthday!

If you notice anyone missing please email Muzette Fiander at Muzette.B.Fiander@nasa.gov

Space Coast Chapter thoughts and sympathy have been extended to the following members:

Martha Carroll on the loss of her aunt
Sandy Gates on the loss of her sister-in-law
Cindy Gooden on the loss of her brother
Becky Denis on the loss of her brother

Please notify Eva Coffman (639-4881) or Becky Fasulo (867-4436 or Rebecca.J.Fasulo@nasa.gov) of any members that have extended illnesses, hospital stays, or news that deserve congratulations.

27th Annual Training Program
Sponsored by the
Space Coast Chapter, Federally Employed
Women
Barbara Powell

WHEN: Wednesday, March 1, 2006 repeated on Thursday, March 2, 2006

WHERE: Holiday Inn, Cocoa Beach, FL

THEME: **"TRAINING FOR A SUCCESSFUL FEWTURE"**

TIME: Registration begins each day at 8:00 a.m. (Continental Breakfast)

Thanks to the members that provided the 41 suggested themes for the Annual Training Program. At the last meeting of the Committee we narrowed them down to five, and the final selection was made by secret ballot. Congratulations to "Ellie Miller" the author of our new theme. Ellie will receive a free one (1) year membership. All of the themes suggested

were outstanding, and who knows maybe one of the remaining 40 will be used for the 2007 ATP.

The next Committee Meeting will be held on Tuesday, November 8, 2005, at La Fiesta which is the former Moonhut restaurant, located in Cape Canaveral. The restaurant has been completely remodeled, and we've had several very good food recommendations. The ATP Committee Meeting will be combined with the Chapter Business Meeting.

The workshops and speakers are our next area of concern. If you have heard a good speaker in the last year, please give Sharon White, 867-7230, or Jean Grenville, 453-0226 a call.

Will keep you informed about our progress. Just mark the dates on your calendar, and by all means if you want to help make this ATP another success, come join us at a Committee Meeting. **BUSY HANDS ARE HAPPY HANDS.**

COMMUNITY OUTREACH

Vickie Hall



Make a Difference Day Project

Our Make a Difference Day project was quite successful. With the assistance of our space center family members we were able to fill two trucks to deliver to the Brevard Sharing Center. And as usual, the cupboards were pretty bare and they were delighted to see us. So if you made a donation or served as a collection point, **THANK YOU, THANK YOU!** Special thanks goes to Linda Maust, Michele Burch, Kimmarie Barrett, Debi Bledsoe, Barb Powell, Arden Belt, Helen Kane, Becky Fasulo, Charmel Anderson, Joette Feeney, Robert Smith, Jim Hall, Brian Luther, Sofia Hayner, Sammie Martin, Cynthia Pettiford, Laura Scott, Eddie Bertot, Dan Tran, Truemilla Johnson, Sandy Shaheen, Lori Weller, Paul Bechtel, and Ellie Miller. You all helped to make a difference.

Salvation Army Christmas Stockings

If you would like to participate in the 'Stuff a Stocking Project' which is a part of the Salvation Army Christmas program for this holiday season, please contact one of the individuals listed below, pick up a stocking or two and have fun purchasing items to fill the stocking(s). Make sure you clearly mark the age and either Boy or Girl on the outside of the stocking.

Contingency plan, if we run out of stockings and we did last year - please use the list below and fill a shoe box and mark it for appropriate age and either Boy or Girl. No gift is ever turned away, so if you

would like to purchase a new toy item or gift for one of the age groups listed below, we will be happy to take the items to the Hacienda Girls Ranch or Country Acres Children's Home.

We have learned through the many other Community Outreach projects that we have done this year that we have many people in our county that are suffering! Please remember that many of these children would not receive any other Christmas gifts if not for your generosity.

Recommended items by age group

<u>Ages</u>	<u>Items</u>
0-1 Year	Teething ring, baby rattle, socks, stuffed toys, baby shampoo, baby lotion, baby powder, baby wipes, cup
2-3 years	Girls - toothbrush, toothpaste, socks, underwear, bows, small toy, coloring book, crayons Boys - toothbrush, toothpaste, socks, underwear, crayons, coloring book, small toy, small ball
4-6 years	Girls - toothbrush, toothpaste, socks, underwear, bows/barrettes, crayons, coloring book, small doll Boys - toothbrush, toothpaste, socks, underwear, cap, crayons, coloring book, action figures, small toy
7-9 years	Girls or Boys - toothbrush, toothpaste, socks, underwear, pencils, fun pads, rulers, markers, notebook paper, Kleenex, wallets, combs/brushes
10-12 years	Girls or Boys - toothbrush, toothpaste, socks, underwear, circle/cross word puzzles, ball cards, markers, notebook paper, nail polish, chap stick/lip gloss, kleenex, wallets, combs/brushes
13-16 years	Girls or Boys - toothbrush, toothpaste, socks, circle/cross word puzzles, markers, notebook paper, nail polish, chap stick/lip gloss, kleenex, wallets, combs/brushes

Stocking locations: Headquarters Bldg - Marlene Satterthwaite, Room 2649H, 867-4105; O&C - Becky Fasulo, Room 2038, 867-4436 and Charmel Anderson, Room 3147E3, 867-2938; SSPF - Joette Feeney, Room M036C, 867-5944/861-2016; LCC - Sandy Eliason, Room 4P23B, 861-9309; OSB - Sandy

Shaheen, Room 6403N2, 861-4168; or CCAFS/R&D - Ellie Miller, Room 121, 853-6444.

The deadline to return the stockings to any of the individuals listed above is December 12th. You may also bring your stockings or individual toy items to Headquarters Bldg - Vickie Hall, Room 2640F, Carol Moore, Room 3490; O&C - Julie Caimi, Room 2084. This project is being sponsored by Space Coast Chapter, Federally Employed Women. If you have any questions, please contact Vickie Hall, 867-9100 or email at Vickie.C.Hall@nasa.gov.

Thank you on behalf of the children who receive your gifts.

Seasons Greetings to Our Troops

Following is a message from Julie Shally's (one of our Kennedy Space Center family members) daughter whose husband is in Iraq: "Rob is now in Iraq and would love to hear from all his friends and family. Please keep him in your prayers, as he is truly in a very dangerous place." I thought how wonderful it would be for Rob to receive lots of Christmas cards with a message of support. Below is Rob's address:

SFC Robert Hosler
49th MP BN
C TRP 1-113th CAV
APO AE 09391

If you would like to show your support to our troops during this holiday season, there are many ways to do so, please visit the following site http://www.military.com/Content/MoreContent1/?file=support_troops. It's a great website that will give you many options as to how you can help.



Save Lids to Save Lives - Breast Cancer Project

Yoplait is excited to announce the eighth year of its Save Lids to Save Lives® Breast Cancer campaign. Through its Save Lids to Save Lives® program, Yoplait has raised to date over \$14 million in the fight against breast cancer. FEW is collecting pink lids to send in to Yoplait.

Look for pink foil lids on Yoplait® yogurt products. For every clean lid sent in, Yoplait will make a 10 cent donation to the Susan G Komen Breast Cancer Foundation, up to \$1.5 million, with a guaranteed minimum donation of \$500,000.

Every lid brings us closer to a cure. The deadline for collection is December 13, 2005.

POC	Phone	Building	Room
Vickie Hall	7-9100	Headquarters	2640F
Karen Dubois	7-2309	Headquarters	2488
Karen Dubois	7-2309	BOB (M6-339)	Snack Rm 1219
Eve Stavros	7-5791	SSPF	2064J
Becky Fasulo	7-4436	O&C	2038
Charmel Anderson	7-2938	O&C	3147E3

Or mail to:

FEW - Space Coast Chapter

P.O. Box 21201

Kennedy Space Center, FL 32815

POC: IT-D1/Vickie Hall

Membership
Ellie Miller

FEW National Elections

Elections are on the horizon and these elections are not the usual type with lots of campaign commercials. How do these elections impact you and how can you make a difference?

VOTE

In order to vote, your renewal must be complete. You will have to review the roster to check your information, fill out a Master Update form and forward it to the Membership Chair, if you have to make a change. If National does not have correct information about you, it is possible that a ballot will not reach you and you will not be able to vote. The simple act of reviewing your information and sending in your renewal is all it takes to demonstrate the power of the vote. Since women were given the right to vote, we have had the capability of making our choices known. It is important that we as a Chapter make our vote count.

The election is not until January and this is being sent early so that you will have the opportunity to do the review and develop an understanding as to why it is so important that you renew and update your information. It cannot be stressed strongly enough that this small act is of great importance.

A Christmas for Baxley Manor

Aneta Ott

Each year as we approach the Christmas season, I take paper angels to Baxley Manor Senior's at Lunch program to get their wish list. There are approximately 50-60 elderly/disabled men and women there who do not have a family to share the Christmas holiday. This is our way of giving to others and helping to make it a happier holiday season for them. Some of them asked for very simple things

(stamps, paper plates) and others asked for gift certificates at food stores such as Wal-mart, Publix, etc. I will be picking up that list on the 18th and I am looking for people to help make their wishes come true. For most all of them this is their Christmas. If you are interested in picking one of these people and becoming an angel for them, please let me know. You may e-mail me at lashal@aol.com. Each year we have been very fortunate to have all the people chosen and it has been wonderful. You all have been terrific in the past and I pray that you will come through again this year.

Thanks to all who continue to help and may you have a wonderful Holiday Season.

When Counting Blessings, Choose the Right Ones

by Suze Orman

Submitted by Marlene Satterthwaite

Another holiday season is upon us. In addition to all the fun and merrymaking, it's also a time of reflection, when folks take stock of their achievements and goals for the coming year.

For many people, this means sizing up how well their investments did, how much their home equity shot up, and how big of a bonus they're going to get. While all these are important, the truth is that money isn't a magic pill that will suddenly transform an unhappy life into a blessed one.

It can be easy to blame any problems we have on a lack of money, but the truth is that there are plenty of people who have lots of money -- and lots of problems. Even though their own unhappiness proves otherwise, they continue to believe that money is the answer to their problems. So they push themselves to make even more. But as soon as they reach their new financial goal, they find they're still unhappy. The solution? Make more money.

If that sounds even a bit familiar, keep reading.

I know firsthand the value and joys of money. I respect all that it allows us to have and do. But I also know that too many people make having money and the pursuit of *more* money the central goal of life. Their moods swing with the value of their 401(k)s. They worry if their cars make the grade as they check out the other cars in the school pick-up line. And their only thought when it comes to God and money is "God, I wish I had some more."

When money is the most important thing in your life, you're not only judging yourself by the size of your

bank account, but you're also judging everyone else by the same standard. Are you really only as good as your net worth? What about your neighbors, friends, and family? Do you feel you're more important than them just because you make more money? Or do you feel you're not as important because you make less?

As far as I'm concerned, the greatest blessing is to understand that true wealth resides in your humanity -- not your bottom line. True wealth is when you are confident in who you are and how you relate to others. True wealth is when your hands are open not just to receive, but to give as well -- not just at holiday time or in the event of a disaster or for the tax deduction. I'm talking about giving your time, your heart, your compassion, on a daily basis. Why is it that we tend to always ask for blessings, but don't understand we have the ability to give them as well? When we commit to a life of kindness and support, toward ourselves and others, we'll be on a path that is truly filled with blessings.

To be able to reap the true rewards gathered along that path we have to remove judgment from our lives -- stop judging ourselves and others based on bank accounts, material possessions, politics, religion, race, or sexual preference. There is nothing blessed in making others feel "less than."

Blessings in life truly come when you make others shine by the brightness of your own thoughts, words, and actions. Then and only then will you be truly wealthy.

The National Coalition for Equity in Public Service Second Annual Diversity Conference

Submitted by Clara Anderson

(Washington, DC) The National Coalition for Equity in Public Service (NCEPS) held its Second Annual Diversity Conference on Thursday, November 3, 2005, at the Marriott Wardman Park Hotel, Washington, DC. Over 200 Federal employees, agency officials, and Federal contractors attended the one-day conference. Daniel Garza, Office of Public Liaison for the White House, gave the keynote presentation.

This event also included several panel discussions by officials from the Office of Personnel Management, the Merit Systems Protection Board and the Equal Employment Opportunity Commission who discussed their agency's diversity programs. The officials fielded numerous questions from the audience.

NCEPS' Executive Director, Julius Crouch, stated that, "People are our most important asset. We are

looking at different ways to be inclusive. Together, we can do more."

NCEPS was organized in 1994 for the purpose of sharing and working on mutual goals, concerns, and issues affecting women and minorities in the public sector workplace. NCEPS members are Blacks in Government (BIG), Federal Asian Pacific American Council (FAPAC), Federally Employed Women (FEW), Hispanic Government Employees (National IMAGE, Inc), and the Society of American Indian Government Employees (SAIGE).

Following the diversity conference, several attendees visited their legislators on Capitol Hill to discuss issues of importance to Federal workers. Among the issues discussed was the repeal of the Government Pension Offset (GPO) and the Windfall Elimination Provision (WEP); enactment of a Premium Conversion bill; and discussions about the Administration-sponsored "Working for Americas Act."



GOVERNMENT NEWS & LEGISLATION

Charlotte Becker

Panel debates strategy for rebuilding New Orleans. A top Army Corps of Engineers officer testified Wednesday that it would cost \$1.6 billion to restore New Orleans flood protection capabilities to pre-Katrina levels and another \$3 billion to \$3.5 billion to shield against another Katrina-force hurricane.

Still, both Corps Chief of Engineers Lt. Gen. Carl Strock and House Energy and Water Appropriations Subcommittee Chairman David Hobson, R-Ohio, said it is not up to the federal government to say where people can rebuild.

Hobson said his panel "would probably have to support" a request, if made, for the lower figure to protect against a Category 3 hurricane. But echoing reservations of both Democrats and Republicans on his panel, Hobson told reporters after the hearing, "I am concerned about rebuilding in the flood plain the way they did before."

November 1, 2005

Prince Charles, his wife and a wardrobe full of dresses jet off to the United States [today] on a tour designed to celebrate trans-Atlantic ties, promote Charles' environmentalist causes -- and test reaction to his new bride in a nation still smitten with the late **Princess Diana**," [AP](#) reports. "The 56-year-old heir to the throne and **Camilla**, Duchess of Cornwall, will visit New York, Washington, New Orleans and San Francisco during the one-week tour, their first official overseas jaunt since marrying in April."

"Rosa Parks' body has returned to the city she called home, with thousands waiting in a line more than a quarter-mile long to pay their final respects to the late civil rights leader," [AP](#) reports. "Parks was 92 when she died Oct. 24 in Detroit. She lay in honor in Montgomery, Ala., and in Washington before her body was returned Monday night to the city where she had lived since 1957."

Economy: Eyes On The Fed, President's Tax Panel

"Large sections of the business community have grave concerns not only with the particular initiatives likely to be proposed by the president's tax reform panel, but with the whole concept of tax reform," [CongressDailyAM](#) reports. "The President's Advisory Panel on Tax Reform is scheduled to issue its recommendations to" Treasury Secretary **John Snow** today. "Snow will then use the proposals as the basis for his own recommendations to Bush, who could in turn make tax reform a centerpiece of his 2006 domestic agenda."

GSA alters per diem rules for areas hit by Katrina

Federal employees traveling on official government business in the areas ravaged by Hurricane Katrina are eligible to be reimbursed at up to three times the normal per diem rate, according to the General Services Administration.

GSA also is waiving certain provisions of the Federal Travel Regulation, including the rules governing house-hunting trips for federal employees relocating to areas affected by the hurricane, because of the expected difficulty in finding lodging facilities and adequate meals. For example, GSA has lifted the provision requiring temporary lodging for relocated employees to be in "reasonable proximity" to their new place of work.

The waivers—announced in a Sept. 2 bulletin signed by G. Martin Wagner, head of GSA's government wide policy office and published on the agency's per diem Web page—will remain in effect through March 1, 2006, unless extended.

GSA is encouraging agencies to postpone nonessential travel to regions affected by Hurricane Katrina for 90 days from Aug. 29, the day President Bush declared disaster areas in Alabama, Louisiana, and Mississippi. If that isn't possible, then agencies can authorize expense reimbursements at the actual cost up to three times the normal per diem rate.

November 7, 2005

Thousands of volunteer feds staff Katrina relief effort

The number of federal employees who left their day-to-day jobs to volunteer in Hurricane Katrina recovery efforts has surpassed 7,500 and the Federal Emergency Management Agency continues to receive offers from civil servants interested in lending a hand.

"We're still using [the volunteers] and we're still getting more people calling," said FEMA spokeswoman Mary Margaret Walker.

The volunteer count is from all federal agencies, including the Homeland Security Department, Walker said. She said that it took three days to compile the number for *Government Executive*, as a comprehensive count was not readily available.

November 3, 2005

Committee members irked by Katrina contracting practices -

Members of a panel investigating the government's response to Hurricane Katrina Wednesday accused officials of the Federal Emergency Management Agency and the Army Corps of Engineers of browbeating local officials into dumping cheaper contracts and signing up the federal agencies' own higher cost contractors.

"It's a prevalent practice," Rep. Charles (Chip) Pickering, R-Miss., said at a House Select Hurricane Katrina Committee hearing.

Pickering also said the agencies were not following the Stafford Act, which requires officials to give preference to state and local companies and individuals in awarding federal contracts. As little as 5.6 percent of the Army Corps contracts and 1.9 percent of FEMA's contracts have gone to Mississippi companies, he said.

In response to the grilling by Pickering and others, the procurement officials angered the panel by repeatedly saying they were unaware of procurement policies and laws governing disaster relief contracts.

"Many of our answers are going to frustrate this committee," said Greg Rothwell, the Homeland Security Department's chief procurement officer, arguing his office does not set procurement policies.

Col. Norbert Doyle, the Army Corps' principal assistant responsible for contracting, responded that administration officials are debating the meaning of "preference."

During the exchanges over contracting practices, Pickering said the agencies threatened that state and local officials would not be fully reimbursed if they issued their own contracts.

INTEREST IS EVERYTHING

Submitted by Marlene Satterthwaite

When it comes to savings, interest is what it's all about. Interest is what a borrower pays a lender for the use of the lender's money.

When you deposit money in a savings account, a money market account, an interest-bearing checking account or a certificate of deposit (CD), you're lending that financial institution your money. The institution uses that money to make loans -- essentially, borrowing money from you and paying you interest for the right to use your money to lend to someone else.

Of course, the institution then charges that loan customer an even higher interest rate to more than recover the interest it's paying you. Interest is calculated as a percentage of the amount of the loan.

Interest can get complicated, especially when the terms "rate" and "yield" are involved.

You may see a \$10,000 CD with a 5-percent annual interest rate (APR), but right next to it is the annual percentage yield (APY) number and it's higher.

The difference between rate and yield is determined by how frequently interest is paid, and how it is paid.

Rate is the nominal, or stated, interest rate on the investment. If you have a CD with a 5-percent nominal rate, then interest is calculated by multiplying 5 percent by the amount invested and by the fraction of a year the money is invested.

Let's say interest pays annually. A \$10,000 investment will earn \$500 in interest. ($\$10,000 \times 5 \text{ percent} \times 1 \text{ year}$.) When an investment pays interest annually, its rate and its yield are the same.

The more frequently interest is paid, the higher the yield. That's because the interest payment is credited to the CD and it starts earning interest along with the invested principal.

If the 5 percent CD paid interest semiannually, the six-month interest payment would be \$250, ($\$10,000 \times 5 \text{ percent} \times .5 \text{ years}$.) The \$250 payment starts earning interest and earns \$6.25 in interest during the next six months, ($\$250 \times 5 \text{ percent} \times .5 \text{ years}$.) That's what compounding interest is all about.

The first CD earned \$500 in interest after a year and the second CD earned \$506.25 in interest. The rate and yield on the first CD is 5 percent. The rate on the second CD is 5 percent, but its yield is 5.06 percent. If interest was paid daily, the rate would be 5 percent but the yield would be 5.13 percent.

These yield computations assume that the interest is reinvested in the CD at the CD's nominal rate.

To get the best rates and yields on CDs, checking and money market accounts, check out Bankrate.com's "[Savings & CDs](#)" page.

How interest rates are determined

Interest rates are affected by a number of factors. The Federal Reserve, which is charged with maintaining the stability of the nation's financial system, raises or lowers short-term interest rates in an effort to maintain that stability.

The Fed regularly takes these actions in response to economic expansions and contractions that the country goes through on a fairly routine basis. Short-term rates are raised in expansions -- good times -- to keep the economy from building too fast and risking inflation, which is caused by too much money chasing too few goods and services. Raising rates makes it more expensive for companies and individuals to borrow money.

The Fed will lower short-term rates when the economy is contracting -- slowing down. Lowering rates makes it less expensive to borrow money, the idea being that businesses and consumers will buy more products and services and speed the economy up a bit and keep the economy from sinking into a recession. A recession happens when consumers hold on to their money and don't buy the products and services that keep companies afloat and employees employed.

When the Fed cuts short-term rates, it is cutting the rate that banks charge each other to borrow money. Those cuts are eventually passed on to businesses and consumers. The same thing happens in reverse when the Fed raises short-term rates.

Other factors affect interest rates, too, but on a more irregular basis. A crisis involving the foreign oil-producing nations, for example, could have a major economic impact that could affect interest rates.

Long-term interest rates aren't affected by economic conditions as much as short-term rates, but there is a trickle down factor and they reflect the impact eventually.

What works for you, as a saver, works against you as a borrower. When rates are high, you're earning a hefty amount of interest for your deposits, but you're

going to pay a high interest rate if you need to borrow.

When rates fall, you don't get much interest on your savings, but it's a lot cheaper to borrow money.

FLORIDA HISTORY AND CULTURE



Submitted by Vickie Hall

Florida's cities and counties are named for influential residents, Indian words used to describe the area, and former governors. I have found these to be interesting so I'll include a few of these each month just to help educate you on a little more on Florida's history.

Tallahassee, Leon County -- The name is derived from a Muskogee word meaning "old town."

Tarpon Springs, Pinellas County -- The name is said to have come from a remark from Mrs. Ormond Boyer, who exclaimed "See that tarpon spring" while watching fish leap out the water. Note, however, that the fish were not tarpon, but mullet.

Titusville, Brevard County -- The town was established just after the Civil War by Col. Henry T. Titus, who had been a fierce antagonist of John Brown in the struggle over Kansas which preceded the war.

Valparaiso, Okaloosa County -- This name was taken from the city in Indiana, which in turn was named for the famous Chilean port. The word is Spanish for "valley of paradise."

Venice, Sarasota County -- Franklin Higley, an early settler, came up with the name because he felt that the blue waters of the bays, rivers and ocean gave the place a resemblance to the famous Italian city.

Next issue I will end city names and origins of Florida. I am looking for a volunteer that will start submitting a monthly article on Florida History and Culture. You can be as creative as you want. Please let me Vickie.C.Hall@nasa.gov or Muzette Fiander Muzette.B.Fiander@nasa.gov know if you would be interested in picking up this monthly article. My source of information for names and origins is <http://dhr.dos.state.fl.us/facts/> but there are tons of sites and newspapers available to provide you information for a monthly article.

Rosa Louise McCauley Parks

1913-2005

Submitted by Becky Fasulo

On December 1, 1955, in Montgomery, Alabama, Parks was arrested for disregarding an order to surrender her bus seat to a white passenger. Her protest galvanized a growing movement to desegregate public transportation and marked a historic turning point in the African American battle for civil rights. Parks was much more than an accidental symbol, however. It is sometimes overlooked that at the time of her arrest, she was no ordinary bus rider; she was an experienced activist with strong beliefs. Rosa Louise McCauley was born in Tuskegee, Alabama. She was the granddaughter of former slaves and the daughter of James McCauley, a carpenter, and Leona McCauley, a rural schoolteacher.

She was raised by her mother, Leona Edward McCauley, on her grandparents' farm at Pine Level, a small community outside Montgomery. Rosa received her primary education in a segregated rural school. In 1924 she enrolled at the private Montgomery Industrial School for Girls, known as "Miss White's school" after its principal and cofounder, Alice L. White. All the students were African Americans, and all the teachers were white women from the North. "What I learned best at Miss White's school, Parks later wrote in her autobiography, *Rosa Parks: My Story* (1992), "was that I was a person with dignity and self-respect, and I should not set my sights lower than anybody else just because I was black."

As a teenager she attended Booker T. Washington Junior High School in Montgomery, and participated in a high school program at State Teachers College (now Alabama State University). She dropped out at the age of 16 to care for her grandmother, who died soon after, and then for her ailing mother. In December 1932 she married Raymond Parks, a 29-year-old barber. Rosa Parks received her high school diploma the following year and helped support the family by sewing and doing other jobs.

Parks' husband had long been active in the National Association for the Advancement of Colored People (NAACP), an organization founded to improve the conditions for blacks in the United States. Parks became increasingly committed to racial justice as she and her husband joined the campaign to save the "Scottsboro boys" nine young black men who were accused of raping two white teenagers near Scottsboro, Alabama, in 1931. An all-white jury convicted the nine boys of the crime and sentenced eight of them to death, despite strong evidence of their innocence. All of the Scottsboro boys eventually gained their freedom, but the process took nearly 20 years.

In 1943 Rosa Parks became secretary of the Montgomery branch of the NAACP. That year, she made her first attempt to register to vote, although she did not succeed until her third try, in 1945. She also had her first dispute with a local bus driver when she tried to defy a rule that required blacks to board buses from the back door.

The segregated seating policies on public buses had long been a source of resentment within the black community in Montgomery and in other cities throughout the Deep South. African Americans were required to pay their fares at the front of the bus and then to reboard through the back door. The white bus drivers, who were invested with police powers, frequently harassed blacks, sometimes driving away before African American passengers were able to get back on the bus. During peak hours, the drivers pushed back the boundary markers that segregated the bus, crowding those in the "colored section" to provide more whites with seats.

On December 1, 1955, Parks took her seat in the front of the "colored section" of a Montgomery bus. The driver asked Parks and three other black riders to relinquish their seats to whites, but Parks refused (the others complied). The driver called the police, and Parks was arrested. She was released later that night after Nixon and the Durrs posted a \$100 bond.

Although three black women had been arrested earlier that year for similar acts of defiance, and Parks herself had been thrown off a bus by the same driver 12 years before, this time the opponents of segregation were prepared to mount a counterattack. The Montgomery chapter of the NAACP had been looking for a test case to challenge the legality of segregated bus seating and to woo public opinion with a series of protests. The morning after her arrest, Parks agreed to let the NAACP take on her case. Another organization, the Women's Political Council (WPC), led by JoAnn Robinson, initiated the idea of a one-day bus boycott. Within 24 hours of Parks' defiance, the WPC had distributed more than 52,000 fliers announcing the bus boycott, which was to take place the day of Parks' trial. On December 5, as buses went through their routes almost empty, Parks was convicted by the local court. She refused to pay the fine of \$14, and with the help of her lawyer, Fred D. Gray, she appealed to the circuit court.

On the evening of December 5, several thousand protesters crowded into the Holt Street Baptist Church to create the Montgomery Improvement Association (MIA). They rallied behind its new president, Martin Luther King, Jr., who had just moved to Montgomery as the new pastor at the Dexter Avenue Baptist Church. What was planned as a daylong bus boycott swelled to 381 days, during which time 42,000 protesters walked, carpooled, or

took taxis rather than ride the segregated city buses of Montgomery. In a move designed to reverse the segregation laws on public transportation, King and the MIA filed a separate case in a United States district court. The district court ruled for the plaintiffs, declaring segregated seating on buses unconstitutional. The decision was later upheld by the Supreme Court of the United States.

Parks was widely known as the Mother of the Civil Rights Movement, but her iconic stature afforded her little financial security. She lost her job as a seamstress at Montgomery Fair and was unable to find other work in Montgomery. Parks and her husband relocated to Detroit, Michigan, in 1957, where they struggled financially for the next eight years. Parks' fortunes improved somewhat in 1965, when U.S. congressional representative John F. Conyers, Jr. hired her as an administrative assistant, a position she held until 1987.

Parks has remained a committed activist. In the 1980s she worked in support of the South African antiapartheid movement, and in Detroit in 1987 she founded the Rosa and Raymond Parks Institute for Self-Development, a career counseling center for black youth.

Parks has received numerous awards and tributes, including the NAACP's highest honor, the Spingarn Medal, in 1970 and the prestigious Martin Luther King, Jr. Award in 1980. Cleveland Avenue in the city of Montgomery was renamed Rosa Parks Boulevard in 1965. In 1996 U.S. President Bill Clinton awarded her the Presidential Medal of Freedom, the highest honor that the U.S. government can give to a civilian and the United States Congress bestowed upon her the Congressional Gold Medal.

A friend once described Parks as someone who, as a rule, did not defy authority, but once determined on a course of action, refused to back down: "She might ignore you, go around you, but never retreat."

WOMEN'S HEALTH

Submitted by Janet Gobraira

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed and getting to the patient within 3 hours which is tough.

RECOGNIZING A STROKE - A true story

Susie is recouping at an incredible pace for someone with a massive stroke all because Sherry saw Susie stumble (that is the key that isn't mentioned below) and then she asked Susie the 3 questions.

So simple - - this literally saved Susie's life. Susie's friend did just what it said to do. Susie failed all three questions so they called 911. Even though she had normal blood pressure readings and did not appear to have a stroke as she could converse to some extent with the paramedics they took her to the hospital right away.

Thank God for the sense to remember the "3" steps. Read and Learn! Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

1. Ask the individual to SMILE.
2. Ask him or her to RAISE BOTH ARMS.
3. Ask the person to SPEAK A SIMPLE SENTENCE--Coherently (i.e. It's sunny out today).

If he or she has trouble with any of these tasks, call 911 immediately and describe the symptoms to the dispatcher.

After discovering that a group of non-medical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions. They presented their conclusions at the American Stroke Association's annual meeting last February. Widespread use of this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage.

CALENDAR OF EVENTS

November

- | | |
|----|--|
| 8 | FEW Business Meeting |
| 11 | Veterans' Day |
| 11 | 11 th Annual Teddy Bear Tea & Auction |
| 24 | Thanksgiving |

SPACE COAST CHAPTER NEWSLETTER

Muzette Fiander

This monthly publication is a means of sharing information and ideas. Please send news articles or items of interest for this Newsletter to Muzette Fiander, TA-E1, or e-mail at Muzette.B.Fiander@nasa.gov

Please feel free to share this Newsletter with your friends. And for anyone interested, a Membership Application is attached as the last page.

RECIPE CORNER

Submitted by Muzette Fiander

Sweet and Sour Meatballs

- 1/3 cup cider vinegar
- 2 medium onions, sliced thin
- 1 bottle of Hot Ketchup
- 2/3 cup brown sugar
- 1 large handful of raisins

Mix well and add meatballs that have been cooked in oven for 25 minutes. Simmer all about 45 minutes.

Make your own recipe for meatballs and make them small. 2 lbs. work out right for this amount of sauce.

Insight for the Day

Submitted by Vickie Hall

Note how good you feel after you have encouraged someone else. No other argument is necessary to suggest that never miss the opportunity to give encouragement.

- *George Matthew Adams*

We can accomplish almost anything within our ability if we but think that we can!

- *George Matthew Adams*

We cannot waste time. We can only waste ourselves.

- *George Matthew Adams*



And then a little humor –

You Might be a Redneck if.....

1. If you have a house that's mobile and 14 cars that aren't...
You might be a redneck!!

2. If your wife has ever said come move this transmission so I can take a bath.... You might be a redneck!!!

3. If you think the nutcracker is something you did off the hi-dive...
You might be a redneck!!!

4. If someone yells hoo-down and your girlfriend hits the floor...
You might be a redneck!!!

5. If the most commonly used phrase in your house is
"someone go jiggle the handle"..
You might be a redneck!!!

by: Jeff Foxworthy

**MEMBERSHIP APPLICATION
FEDERALLY EMPLOYED WOMEN
P. O. BOX 75551
BALTIMORE, MD 21275**

Month/Year joined: / Membership ID

LAST NAME: FIRST NAME: MI

ADDRESS 1:

ADDRESS 2:

CITY: STATE ZIP CODE + 4

OFFICE PHONE: HOME PHONE:

FAX: EMAIL:

GRADE (check) <input type="checkbox"/> GS 1-4 <input type="checkbox"/> GS 5-8 <input type="checkbox"/> GS 9-12 <input type="checkbox"/> GS 13-15 <input type="checkbox"/> GS 16+	FWP/EEO (check) <input type="checkbox"/> SES <input type="checkbox"/> WG <input type="checkbox"/> Military <input type="checkbox"/> Other <input type="checkbox"/> FWP Full-Time <input type="checkbox"/> FWP Part-Time <input type="checkbox"/> EEO <input type="checkbox"/> Other FWP/EEO Not Applicable	DEMOGRAPHICS SEX (M/F): <input type="text"/> RACE: <input type="text"/> YEARS OF SERVICE: <input type="text"/> RETIRED (Y/N) <input type="text"/>
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ABOUT THE ORGANIZATION

FEW is comprised of chapters throughout the world. Membership is open to all Federal and DC Government employees (regular members) and to any other person supporting the goals and objectives of FEW (associate members). More information about the organization is posted on the FEW web site: <http://www.few.org>.

National membership dues are \$25.00 for chapter members, and \$35.00 for members-at-large (no chapter affiliation). Chapter dues are established by each chapter and payable in addition to national dues. Eligibility for chapter membership is contingent upon national membership. National lifetime membership is a one-time fee of \$250.00. Chapters may set their own lifetime fee.

Membership Dues is prorated. Month chosen must match "month/year joined" above.

<input type="checkbox"/> March \$25.00	<input type="checkbox"/> September \$12.00	Total for National \$ <input type="text"/>
<input type="checkbox"/> April \$23.00	<input type="checkbox"/> October \$10.00	
<input type="checkbox"/> May \$21.00	<input type="checkbox"/> November \$ 8.00	Total for Chapter \$ <input type="text"/>
<input type="checkbox"/> June \$19.00	<input type="checkbox"/> December \$ 6.00	
<input type="checkbox"/> July \$17.00	<input type="checkbox"/> January \$ 4.00	Check Amount \$ <input type="text"/>
<input type="checkbox"/> August \$15.00	<input type="checkbox"/> February \$ 2.00	

I wish to join the _____ Chapter as a ☐ regular member or ☐ associate member.

I wish to join as a Member-at-large (prorated amount from above + \$10.00 enclosed)

as a ☐ regular member or ☐ associate member.

Payment (\$250.00) is enclosed for a Lifetime Membership.